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Respiratory Infections: Causes, Symptoms & Care

Understanding Prevention, Diagnosis & Treatment

What Are Respiratory Infections?

Definition

Infections affecting the airways and lungs caused by **viruses, bacteria,** or occasionally fungi

Upper vs. Lower

Upper respiratory infections (nose, throat, sinuses) are typically milder; lower respiratory infections (lungs, bronchi) may be more serious

Common Causes

Viral infections account for most cases; bacterial infections require different management approaches for informed healthcare decisions

Early Diagnosis

Identifying the cause early helps determine appropriate treatment and prevent complications

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Common Types of Respiratory Infections

Common Cold

Viral, self-limiting, resolves in **7–10 days**

Sinusitis

Inflammation of sinuses — **viral or bacterial**

Bronchitis

Inflammation of bronchial tubes, **usually viral**

Influenza (Flu)

Viral, more severe, **seasonal** occurrence

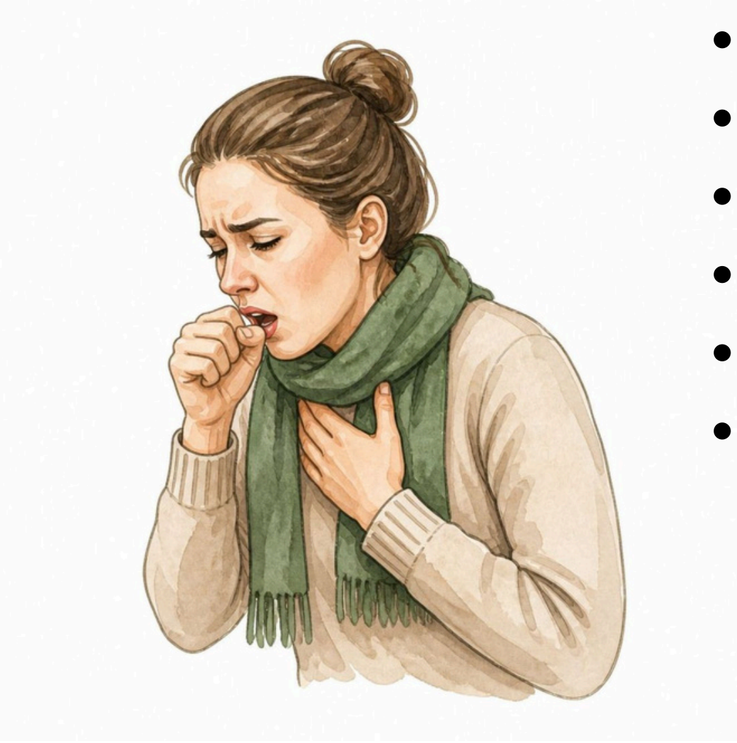
Pharyngitis

Sore throat, often viral but **can be bacterial**

Pneumonia

Lung infection, viral or bacterial — **requires medical evaluation**

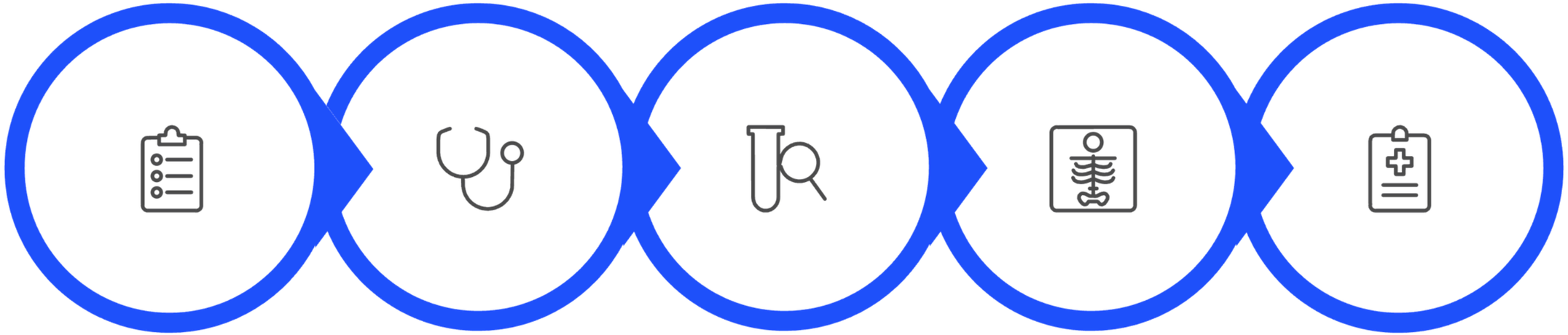
Symptoms to Watch For



- **Persistent Cough** — Lasting more than a few days, may be dry or productive
- **Fever** — Body temperature elevation, often indicates infection
- **Sore Throat** — Pain or irritation when swallowing
- **Nasal Congestion** — Stuffy or runny nose
- **Shortness of Breath** — Difficulty breathing, especially with exertion
- **Fatigue** — Unusual tiredness and weakness

⚠ Seek medical attention if symptoms persist beyond 10 days or worsen rapidly.

Diagnosis & Medical Evaluation



Medical History

Physical Exam

Lab Testing

Chest Imaging

Clinical Assessment

A thorough diagnostic process helps healthcare providers distinguish between viral and bacterial respiratory infections — ensuring the right treatment is applied from the start.

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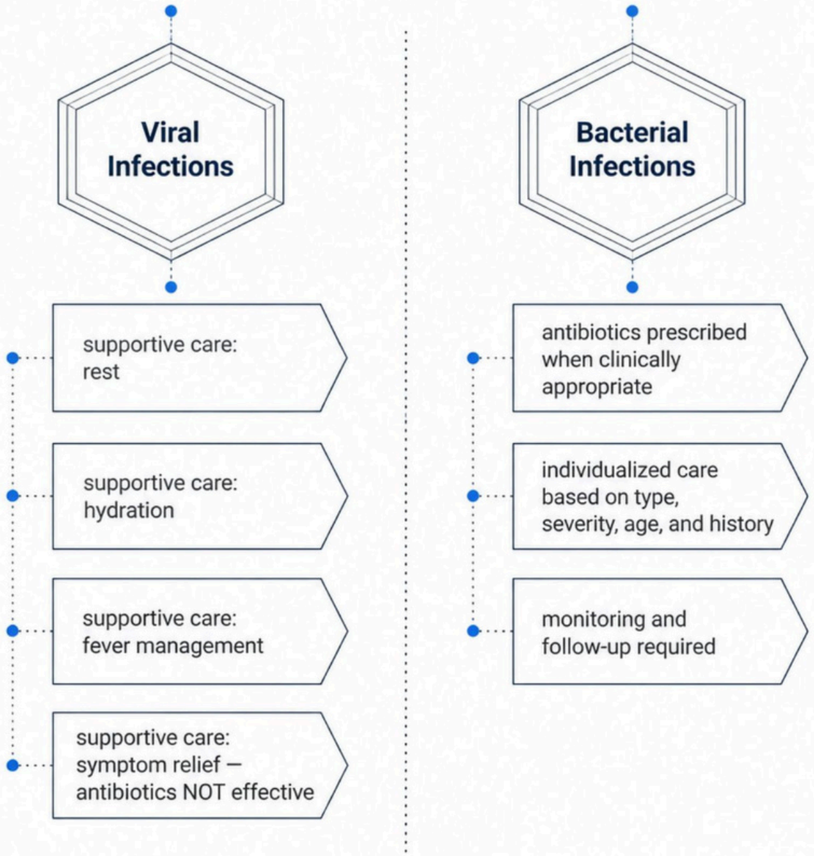
Treatment Approaches


Viral Infections
supportive care: rest
supportive care: hydration
supportive care: fever management
supportive care: symptom relief — antibiotics NOT effective
Bacterial Infections
antibiotics prescribed when clinically appropriate
individualized care based on type, severity, age, and history
monitoring and follow-up required

Key Principles

- **Viral Infections:** Supportive care is the foundation — rest, hydration, and symptom relief. Antibiotics are not effective.
- **Bacterial Infections:** Antibiotics may be prescribed when clinically appropriate, based on careful assessment.
- **Individualized Care:** Treatment depends on infection type, severity, patient age, and medical history.
- **Monitoring:** Follow-up with your healthcare provider ensures improvement and allows treatment adjustment.

Featured Antibiotic Option: Azifast 500 mg

FOR BACTERIAL INFECTIONS ONLY

Active Ingredient

Azithromycin 500 mg — Macrolide antibiotic class

Mechanism

Inhibits bacterial protein synthesis, stopping bacterial growth

Clinical Use

Prescribed for bacterial sinusitis, pharyngitis/tonsillitis, and pneumonia

⚠ Use only under healthcare professional guidance. **Not effective for viral infections.** Complete the full prescribed course even if symptoms improve.

Prevention Tips

🧼 Hand Hygiene

Wash hands regularly with soap and water, especially before eating and after coughing

🤧 Respiratory Etiquette

Cover coughs and sneezes with a tissue or elbow to prevent spread

💉 Vaccinations

Stay up to date with flu and pneumococcal vaccines as recommended

🚭 Avoid Smoking

Smoking damages respiratory defenses and significantly increases infection risk

💧 Hydration & Monitoring

Maintain good hydration to support immune function — ⚠️ contact a provider if symptoms persist beyond 10 days

Get in Touch

Have Questions?

Our team is here to help with any questions about respiratory health or our products.

Contact Us

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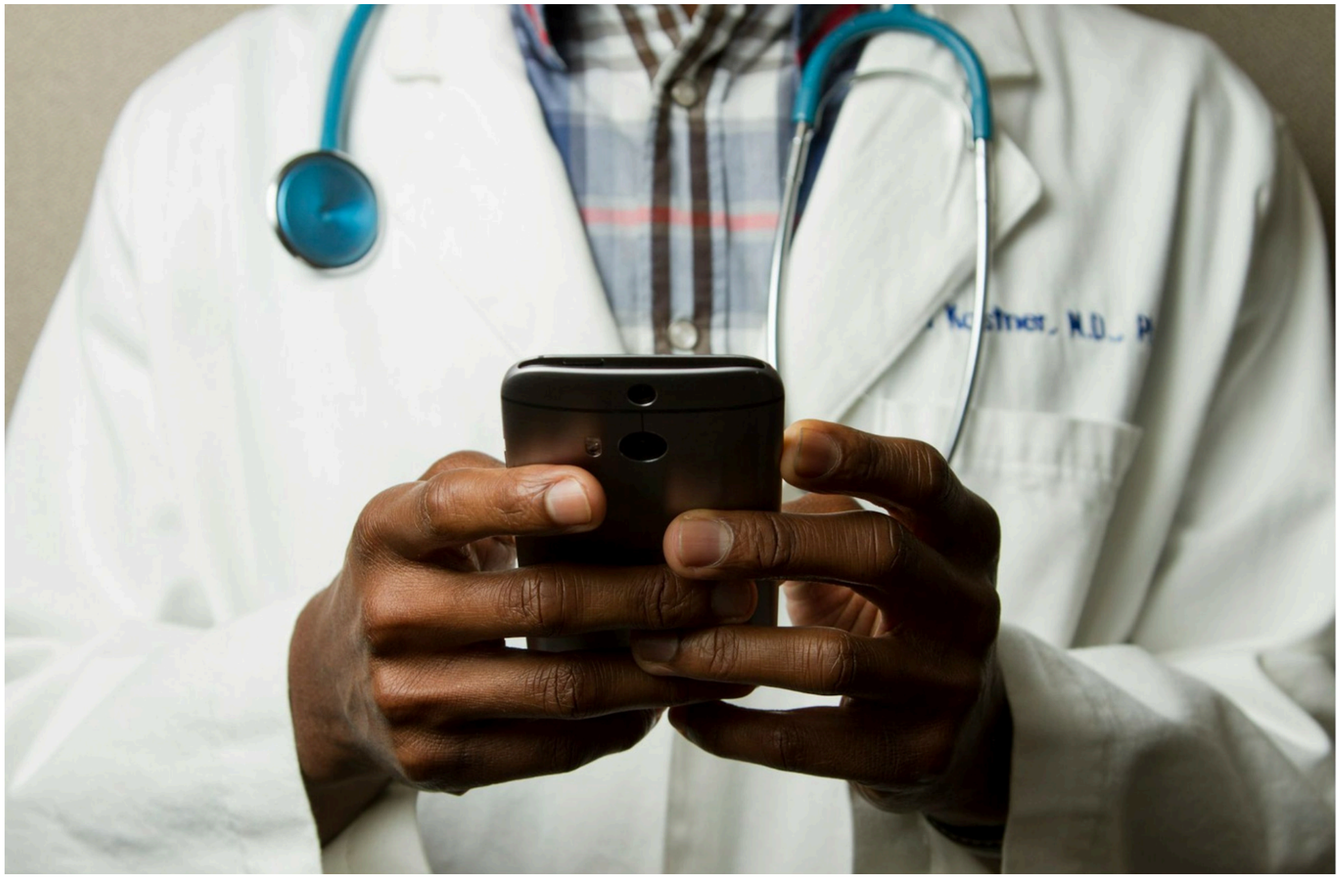

Thank You

Your Health Matters

This presentation is for **educational purposes only**. Always consult a qualified healthcare professional for diagnosis and treatment decisions.

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